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COOKBOOKS AND RECIPES

Apples in Appealing Ways. Rev. 1977. 20 p. il.
A 1.77:161/2 S/N 001-000-03665-3 $ 1.50

Armed Forces Recipe Service. *A set of 1,038 recipes developed for military food service operations. The set incorporates changes 1-3, which were previously sold separately. The recipes are designed to serve large groups, usually 100 persons, and range from main dishes to salads to desserts. Each recipe is printed on a separate, loose card.* 1969, reprinted 1980. 1038 cards, 5 x 8 in. each.
D 101.11:10-412/2/980 S/N 008-040-00089-3 36.00

Index to Recipes. Rev. 1980. 92 p. Spiral-bound notebook.
D 101.11:10-412/2/ind./980 S/N 008-040-00092-3 3.50

Breads, Cakes, and Pies in Family Meals: A Guide for Consumers. *Provides information aimed to add to your baking know-how whether you are an experienced cook looking for new techniques or a beginner learning the basic points in successful baking. Gives pointers on measuring, mixing, baking, and storing ingredients and storing and freezing baked products. A recipe section offers popular quick breads cakes, pies, pastries and cookies.* Rev. 1979. 38 p. il.
A 1.77:186/4 S/N 001-000-03915-6 1.50

'Can-Venient' Ways With Shrimp. *Canned shrimp is an economical and convenient family food that is available the year round. This booklet contains 18 recipes for preparing salads, appetizers, sandwiches, and casseroles featuring canned shrimp.* 1975. 12 p. il.
C 55.320:2 S/N 003-020-00105-0 1.50

Cereals and Pasta in Family Meals: A Guide for Consumers. *This booklet is a guide to buying, storing, and cooking cereals and pasta, and includes recipes for appetizers, main dishes, meat accompaniments, salads, soups, breads, and desserts, as well as recipes for making homemade noodles and ravioli.* Rev. 1979. 37 p. il.
A 1.77:150/2 S/N 001-000-03750-1 1.75

Cheese Varieties and Descriptions. *Contains descriptions of more than 400 cheeses, arranged in alphabetical order. A typical analysis, based on published data, is given for most cheeses, including composition factors prescribed by the Federal Government. More than 800 local names of cheeses are cross-indexed.* Rev. 1978. 151 p.
A 1.76:54/978 S/N 001-000-03737-4 2.75

Cooking for Two. *This publication provides recipes, helpful hints on planning and serving meals, and information on nutrition through the four basic food groups concept. The recipes are very basic and cover all types of menu items. All of the main-dish recipes include suggested menu ideas for completing the meal. This publication is printed in large type and should be especially useful to older people participating in family feeding programs.* Rev. 1977. 91 p. il.
A 1.68:1043/3 S/N 001-000-03698-0 $ 3.00

Country Catfish. *An endless variety of catfish recipes have come from such country strongholds as Mississippi riverboats, palatial plantations, and Cajun cottages. This colorfully illustrated booklet contains 17 recipes for broiled, grilled, baked, fried, or stuffed catfish.* Rev. 1976. 19 p. il.
C 55.320:6 S/N 003-020-00089-4 1.50

Family Fare: A Guide to Good Nutrition. *This handy booklet tells you how to get the nutrients you need from a variety of foods, provides tips on meal planning, and offers menu suggestions. Included is a daily food guide that sorts food into four groups on the basis of their similarity in nutrient content. This guide will help you to plan meals that will be suitable to the family budget.* Rev. 1978. 91 p. il.
A 1.77:1/11 S/N 001-000-03777-3 2.10

Favorite American Recipes, A Collection of Classics From Around the Country. *This collection contains over 100 recipes, divided into six menu classes: soups, main dishes, vegetables, salads and salad dressings, bread, and desserts. These recipes will help you plan, prepare, and serve nutritious meals to your family and friends.* 1974, reprinted 1977. 79 p. il.
A 98.9:109 S/N 001-024-00197-0 1.50

Fish and Shellfish Over the Coals. *More than 35 recipes for tasty seafood delicacies and delicious seafood dinners are the feature in this booklet. Also included are valuable tips on preparing a fire for cooking over the coals.* 1972, reprinted 1978. 24 p. il.
C 55.321:14 S/N 003-020-00052-5 1.50

Food for the Family: A Cost-Saving Plan. *Includes guides for planning low cost, well-balanced meals, as well as information on food shopping and preparation. Also contains sample menus and recipes.* Rev. 1978. 22 p. il.
A 1.77:209/2 S/N 001-000-03884-2 1.50

Food Guide for Older Folks. Rev. 1974. 19 p. il.
A 1.77:17/11 S/N 001-000-03321-2 1.50

Freezing Combination Main Dishes. *This booklet outlines the types of food, equipment, and packaging materials required to freeze your meals. It includes 16 pages of tempting recipes for such freezable main dishes as American lasagne, chicken a la king, ham turnovers, and turkey macaroni casserole.* Rev. 1976. 22 p. il.
A 1.77:40/5 S/N 001-000-03559-2 1.50

How to Eye and Buy Seafoods. *This handy booklet provides timely information on selecting, purchasing, storing, and preparing fishery products. A useful table of suggested methods for cooking fish and shellfish is included.* 1970. 19 p. il.
C 55.302:Se 1 S/N 003-020-00001-1 $ 1.50

How to Make Jellies, Jams, and Preserves at Home. Rev. 1977. 34 p. il.
A 1.77:56/7 S/N 001-000-03863-0 1.50

Lamb in Family Meals: A Guide for Consumers. Rev. 1977. 21 p. il.
A 1.77:124/5 S/N 001-000-04098-7 1.50

Let's Cook Fish, Complete Guide to Fish Cookery. *This cookbook includes a daily food guide, nutritive value, market forms, purchasing, cleaning and dressing, storage and thawing, and garnishing of fish. The recipes are illustrated in color.* 1972. 54 p. il.
C 55.320:8 S/N 003-020-00053-3 1.50

Little Fish Goes a Long Way. *This book contains 25 tasty recipes using fish fillets, breaded fish sticks or portions, canned fish, and shellfish.* 1973, reprinted 1979. 32 p. il.
C 55.302:F 52/2 S/N 003-020-00074-6 1.50

Nautical Notions for Nibbling. *This colorful booklet is loaded with recipes for flavorful and exciting finger-foods from the sea. Whether you are planning a family get-together or a formal dinner party, these nautical nibblers are sure to be the hit of the day.* 1976. 24 p. il.
C 55.302:N 51 S/N 003-020-00109-2 1.50

Niu Ideas (Tonga Cookbook). *This unique cookbook was developed by a team of ACTION volunteers serving in Tonga, a group of South Pacific islands. Its recipes range from the exotic (curried octopus) to the commonplace (french fries) and include just about every concoction that the volunteers could borrow, create, or remember, from appetizers and beverages through dessert and accompaniments.* 1977. 215 p. il. Issued with perforations and plastic spiral binding.
AA 1.11:4200.22/2 S/N 056-000-00017-8 5.00

Pork in Family Meals: A Guide for Consumers. *Tells how to identify fresh and cured pork cuts in the market and provides tips on how to select good quality pork, how to estimate the right quantity to buy, and how to store it properly. Also includes directions and timetables for cooking pork, as well as recipes featuring pork as a main dish.* Rev. 1977. 33 p. il.
A 1.77:160/3 S/N 001-000-03640-8 1.50

Poultry in Family Meals: A Guide for Consumers. Rev. 1979. 36 p. il.
A 1.77:110/5 S/N 001-000-03895-8 1.75

Recipes for Quantity Service. 1972, reprinted 1977. 151 cards, 5 x 8 in. each. Issued with colored index tabs.
A 1.87:5/2 S/N 001-000-01495-1 9.35

Seafood Heritage From:

America's First Industry. 1975. 20 p. il.
C 55.302:Se 1/2 S/N 003-020-00101-7 1.50

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Plains to the Pacific. 1976, reprinted 1980. 29 p. il.
C 55.302:Se 1/5 S/N 003-020-00124-6 $ 2.50

Plymouth to the Prairies. 1976, reprinted 1980. 29 p. il.
C 55.302:Se 1/4 S/N 003-020-00122-0 2.50

Rappahannock to the Rio Grande. 1976. 28 p. il.
C 55.302:Se 1/3 S/N 003-020-00118-1 1.50

Seafood Slimmers. *This recipe booklet has been designed especially for dieters. The many moods of seafoods offer dieters an ocean of low calorie variety with a world of interesting flavor. Combined with a bit of imagination and a dash of color, the 22 recipes printed here offer endless possibilities for lunches, dinners, and snacks. There are also tips on varied seafood cooking methods, low calorie sauces, perky garnishes, and colorful "go-with" foods.* 1975. 19 p. il.
C 55.320:7 S/N 003-020-00104-1 1.50

Seafoods for Health. *Fishery products are highly nutritious and an excellent source of dietary essentials, such as protein, minerals, and vitamins. This booklet explains how seafood can help regulate fat intake and make significant contributions to dietary nutrients.* 1978. 16 p. il.
C 55.302:Se 1/6 S/N 003-020-00144-1 1.50

Selections From Aunt Sammy's Radio Recipes and USDA Favorites. *"Aunt Sammy" - the wife of Uncle Sam - was the whimsical hostess of the popular "Housekeeper's Chat" radio show during the years 1926-1934. The highlights of Aunt Sammy's show were always the menus and recipes, and in this cookbook are collected the best of those recipes. Retested recently by the Department of Agriculture, this selection of recipes, which is combined with several current USDA favorites, can be the basis for providing any household with a real taste of nostalgia.* 1976. 24 p. il. A 1.77:215 S/N 001-000-03523-1 1.50

Soybeans as Human Food: Unprocessed and Simply Processed. Rev. 1979. 54 p. il. A 1.88:5/2 A/N 001-000-03957-1 2.40

Soybeans in Family Meals. *Contains tips on how to buy, store, prepare, and use soybeans and includes recipes for main dishes, salads, soups, vegetables, breads, sauces, and desserts.* 1974, reprinted 1978. 26 p. il. A 1.77:208 S/N 001-000-03320-4 1.50

Time for Seafood. *This is a valuable commodity today. Fish and shellfish are among the best natural timesavers; they cook quickly and easily. Presents a collection of appetizing seafood recipes, each of which can be fully prepared in just a few minutes.* 1976, reprinted 1980. 19 p. il.
C 55.320:12 S/N 003-020-00108-4 1.50

Vegetables in Family Meals: A Guide for Consumers. *Contains practical tips on buying and storing vegetables, cooking vegetables enhancing their flavor, and using leftovers.* Rev. 1980. 29 p. il.
A 1.77:105/6 S/N 001-000-04150-9 $ 1.75

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